

Abstract

The purpose of this study was to determine whether there were differences in the prevalence of risk factors for low back pain between two groups of nurses working in different departments. The study included 100 nurses from two departments in a tertiary care hospital. Data were collected by means of a questionnaire that assessed demographic characteristics, work-related variables, and self-reported symptoms. Results showed that the prevalence of low back pain was higher among nurses in the intensive care unit than among those in the medical-surgical department. This finding may be due to the fact that the intensive care unit had more physical demands and less ergonomic support than the medical-surgical department.

Keywords: low back pain; prevalence; risk factors; nurses

Introduction

Low back pain (LBP) is one of the most common musculoskeletal disorders worldwide (García-Bermejo et al., 2006). It is a leading cause of disability and absenteeism in many occupations, particularly in health care settings (Hoozemans & van der Wal, 2007). Nurses are at a high risk of developing LBP due to their job requirements, which often involve prolonged periods of standing, walking, bending, lifting, and carrying heavy loads (Barnard, 2008).

There have been several studies conducted to identify risk factors for LBP in nurses. These studies have found that age, gender, duration of employment, and type of work environment are all associated with the prevalence of LBP (García-Bermejo et al., 2006; Hoozemans & van der Wal, 2007; Barnard, 2008). However, little research has been done to compare the prevalence of LBP between different departments or units within a hospital setting.

This study aimed to investigate the prevalence of LBP among nurses working in two different departments of a tertiary care hospital. The first department was the intensive care unit (ICU), which is known for its high level of physical demands and potential for injury. The second department was the medical-surgical department, which typically involves less physically demanding tasks. By comparing the prevalence of LBP between these two departments, we hoped to gain insight into the impact of work environment on the development of LBP in nurses.

The study consisted of a cross-sectional survey of 100 nurses. Data were collected through a questionnaire that asked about various risk factors for LBP, including demographic information, work-related variables, and self-reported symptoms. The results of the study will be discussed in terms of their implications for nursing practice and workplace safety.

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